



we CU volunteer

South Carolina 4-H Volunteers' Newsletter

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National 4-H Congress

Atlanta, Georgia



Six South Carolina 4-H'ers were selected at our State 4-H Congress this summer to attend National 4-H Congress in Atlanta, GA, November 22-28, 2017. National 4-H Congress is a five-day event that engages high school aged 4-H members in leadership, citizenship, global awareness, and inclusion. Participants not only have the opportunity to participate in state-of-the-art educational workshops and hear from world-renowned speakers, they also have the opportunity to network with other 4-H members from across the United States.

- Stephanie Aull (Saluda County)
- Junelle Gray Johnson (Charleston County)
- Lindsey Scott (Saluda County)
- Meghan Sheets (Charleston County)
- Sarah Shore (Saluda County)
- Faith Whittemore (Charleston County)

To learn more about state recognition opportunities, including trips and scholarships, visit:

<https://www.clemson.edu/extension/4h/about/recognition/state.html>



We've had a great 2017 fair season!!!

Check out this video and more from South Carolina State Fair:



scstatefair • Following South Carolina State Fair
scstatefair It's @national4h day at the fair! Meet one of our Poultry Showmanship contestants! 🐔🐔🐔
kerrymccrosson @ashleyhammel

369 views
5 DAYS AGO

Add a comment...

2017 National 4-H Volunteer e-Forum



#4HGrrows through volunteers

National 4-H Volunteer e-Forum is coming to a Clemson University Cooperative Extension office near you!!! Visit: Clemson.edu/4h/4h_volunteer for more information. Thursday evenings this fall from 6:30 – 8:30pm will provide national networking opportunities in the comfort of a local office!

- **November 2, 2017 - "STEM"ming into Animal Science, Growing True Leaders**
- December 7, 2017 - Helping 4-H'ers Grow in Life & Work

Clemson University Cooperative Extension Service offers its programs to people of all ages, regardless of race, color, gender, religion, national origin, disability, political beliefs, sexual orientation, gender identity, marital or family status and is an equal opportunity employer.



Monthly 4-H Club Activity Idea

By T. Ashley Burns, Mallory Dailey,
Cathy Reas-Foster, & Victoria Bailey

Natural Ornaments

Objective: To connect with nature and use the design process to plan and implement a concept.

Age Range: All ages

Hands-on Activity: Go on a nature walk and create a unique, nature-based ornament.

Life Skills: HEAD = learning to learn, planning, decision making, problem solving;
HEART = communication,
HANDS = responsible citizenship,
HEALTH = healthy lifestyle choices, stress management.

Introduction

The field of Natural Resources, including ecology and conservation biology, is becoming an increasingly important area of study as we learn more about the influences of human activities on ecosystems and seek to build a more sustainable society. The world is blessed with an abundance of natural resources, but the problems associated with their conservation are immense. Protecting rare and endangered species, preventing and controlling invasive species, preserving old-growth forests, restoring degraded ecosystems, and balancing the resource demands of industry and the public are just some of the environmental issues we face! As a first step in appreciating these issues and learning the science behind them is simply to experience nature in your own community.



There are many recreational activities that focus on nature and being outdoors. From hunting to bird watching, there are many opportunities to observe and interact with nature. One of the least expensive recreational pastimes is hiking! Hiking is good for a person's heart, mind, and health. It provides a wonderful opportunity to spend time in nature and see wildflowers and wildlife.

Activity – Ornament Design & Nature Walk

Materials needed:

- access to the outdoors
- scissors (and possibly garden shears)
- hot glue gun and glue sticks
- floral wire
- an optional ornament base to help provide structure to the ornament (1 per youth; wood slices, cardboard shapes)
- additional decorative items (assorted ribbons, beads, bows, fabric, pipe cleaners, etc.)



Description:

If you have time, challenge youth to design an ornament using only materials found in nature and let them draw their designs on paper. (Design ideas are listed below, but try not to show them to youth. See what they can imagine!) Next, go a 10-15 minute nature walk. Have youth collect items they find along the nature hike (nuts, seeds, berries, dry and fallen leaves, pine cones and needles, twigs, small pebbles, etc.) to use in their ornament design. They may have to adjust and adapt their design based on what items they are able to find. Adhere to Leave No Trace principles as best as possible and take only what you need. Here is an additional resource about hiking: <https://americanhiking.org/blog/hiking-natures-therapy/>.



Important note: Do not collect any feathers!!! Unless you are 100% certain a feather is from a game bird (i.e. dove, turkey, waterfowl) or domesticated poultry species (i.e. chicken), it is best to leave it alone. The 1918 Migratory Bird Act protects most birds and it is illegal to possess most feathers without a permit.

Have youth assemble their ornaments and decorate them with additional items provided. Youth can present their ornaments at the end of the activity and describe the various bits of nature they incorporated into the design.

Reflective Questions

While designing their creation, youth can begin to answer reflective questions.

- *Did you enjoy being out in nature?*
- *Was there anything that made you uncomfortable working in nature? Is this a fear you can or should overcome?*
- *What was easy, what was hard about this activity?*
- *How are you going to use your ornament in the future?*
- *What would you change about your design if you had to do this activity again?*

Conclusion

Enjoy the experience and let youth have fun with this activity. We want youth to develop or maintain a personal connection with nature and establish a lifetime of stewardship principles.



Please Practice LEAVE NO TRACE



Know Before You Go

- Be prepared! Remember food and water, and clothes to protect you from cold, heat and rain.
- Use maps to plan where you're going. Check them along the way so you'll stay on course and won't get lost.
- Remember to bring a leash for your pet and plastic bags to pick up your pet's waste.
- Learn about the areas you plan to visit. Read books, check online and talk to people before you go. The more you know, the more fun you'll have.

Stick To Trails and Camp Overnight Right

- Walk and ride on designated trails to protect trailside plants.
- Avoid stepping on flowers or small trees. Once damaged, they may not grow back.
- Respect private property by staying on designated trails.
- Camp only on existing or designated campsites to avoid damaging vegetation.
- Good campsites are found, not made. Don't dig trenches or build structures in your campsite.



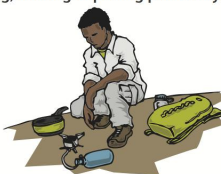
Trash Your Trash and Pick Up Poop

- Pack it in, Pack it out. Put litter—even crumbs, peels and cores—in garbage bags and carry it home.
- Use bathrooms or outhouses when available. If not available, bury human waste in a small hole 6-8 inches deep and 200 feet or 70 big steps from water.
- Use a plastic bag to pack out your pet's poop to a garbage can.
- Keep water clean. Do not put soap, food, or human or pet waste in lakes or streams.



Leave It As You Find It

- Leave plants, rocks and historical items as you find them so others can enjoy them.
- Treat living plants with respect. Carving, hacking or peeling plants may kill them.



Be Careful With Fire

- Use a camp stove for cooking. Stoves are easier to cook on and create less impact than a fire.
- If you want to have a campfire, be sure it's permitted and safe to build a fire in the area you're visiting. Use only existing fire rings to protect the ground from heat. Keep your fire small.
- Remember, a campfire isn't a garbage can. Pack out all trash and food.
- Before gathering any firewood, check local regulations.
- Burn all wood to ash and be sure the fire is completely out and cold before you leave.



Keep Wildlife Wild

- Observe wildlife from a distance and never approach, feed or follow them.
- Human food is unhealthy for all wildlife and feeding them starts bad habits.
- Protect wildlife and your food by securely storing your meals and trash.



Share Our Trails and Manage Your Pet

- Be considerate when passing others on the trail.
- Keep your pet under control to protect it, other visitors and wildlife.
- Listen to nature. Avoid making loud noises or yelling. You will see more wildlife if you are quiet.
- Be sure the fun you have outdoors does not bother anyone else. Remember, other visitors are there to enjoy the outdoors too.



leave no trace™

CENTER FOR OUTDOOR ETHICS
WWW.LNT.ORG

The Leave No Trace Seven Principles adapted for Frontcountry environments are copyrighted by the Leave No Trace Center for Outdoor Ethics.

The member-driven Leave No Trace Center for Outdoor Ethics teaches people of all ages how to enjoy the outdoors responsibly. In its simplest form, Leave No Trace is about making good decisions to protect the world around you—the world we all enjoy. Through targeted education, research and outreach, the Center ensures the long-term health of our natural world. Do your part to pass our nation's outdoor heritage on to future generations by joining us at www.LNT.org.

Special thanks to  SUBARU for the printing of this poster.

